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## The Winonan

Winona State University

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## Inside:

### News

Peace Corps recruits students from campus



### Arts

Some songs are worth the price on iTunes



### Sports

Warriors claim three wins against Wayne State



## Healthy choices presented to students

Jenn Holt  
Winonan

Winona State University Health Services held a Health and Wellness Fair in the Art Tye Lounge of Kryzsko Commons Thursday, which encouraged and promoted healthy living to students.

The fair was interactive, composed of both on-campus and off-campus organizations that helped promote health and nutrition as well as had information available on tobacco, fire safety, and intramural fitness programs.

Amongst the 20 booths at the fair were the Fire Department, Winona State nursing students, SEMCAC Family Planning, Winona State Health Services and Counseling Center, and representatives for Carol Ebert's Wellness House.

Nursing student Jenna Micek said she thinks the health fair is important and beneficial to students because of the awareness it raises for overall health.

"The health fair provided students with easy access and free health care prevention," said Micek. "The blood pressure station, H1N1 vaccinations, promotion of safe sex, body fat percentage, and promotion of wellness and exercise are all areas of primary prevention."

The nursing students were giving free blood pressure screenings as well as giving tips to lower blood pressure and prevent hypertension.

College students are susceptible to high blood pressure through stress, excess caffeine, and birth control pills.

"Not everyone goes to the doctor regularly or knows their family history," said Micek, "So it was a great opportunity for students to assess their health at no cost."

In addition to the free blood pressure screening, health services were giving free H1N1 shots.

"I had H1N1 when it was just becoming a known scare phenomena," said student Samantha Olson. "I think it's great health services is offering the shots for free, and it's great to see student's taking advantage of the opportunity."

Aside from health, the Winona Fire Department had a booth enforcing the importance of fire safety especially for students on-the-go who may leave their hair straighteners on, or neglect to test their fire detectors in their houses or apartments.

A representative for SEMCAC, South Eastern Minnesota Community Action Council, said they were present at the health fair to promote safe sex, sexually transmitted disease prevention, and the availability of birth control options.

SEMCAC located downtown Winona, provides confidential sexually transmitted disease testing, family planning and education for males and females of all income levels and many services are covered in full.

Malorie Cheline said she felt the fair was a bit redundant.

Cheline said, "Most students know where to find health services and the counseling center, and most know where to



Nick Furlong/Winonan

**Jill Henschied sautés fresh vegetables Feb. 23 during the Health and Wellness Fair in Kryzsko Commons.**

find safe sex alternatives, now they were all just sitting in one room with various brochures."

"Primary prevention focuses on prevention of the initial occurrence of disease or injury and is done through education and screening," said Micek,

"This was a great opportunity for students to learn and take advantage of the outlets provided."

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# Healthy Mondays brings dreams to life and discusses meanings

Stefani Schmidt  
Winonan

Everyone dreams, whether they remember in the morning or not. But not everyone can decipher what their dreams really mean.

Fortunately for the Winona State student body, the most recent Healthy Monday lecture brought the topic of dreams to life and gave insight into the meaning of the bizarre adventures that occur while sleeping.

Wayne Theye, a counselor and education instructor for Winona State, led the discussion on interpreting dreams, a skill he learned through his training to become a counselor.

"Dreams help [people] work through problems and

how a person acts in a dream could be how people see that person in real life," Theye said.

Theye also believes a person's intuition picks up small insignificant details of the day and adds it to his or her dreams.

He once had a dream involving the "Dukes of Hazzard, which I used to watch with my sons every Friday night."

One common type of dream is the recurring dream, which can often give insight.

"Recurring dreams are trying to warn us of something," Theye said.

For example, he said, "A recurring dream about a person's teeth falling out could reflect life being out of control."

Theye once had a young

mother come to him with a recurring dream about her young son dying and realized she had forgotten to tighten a bolt on the boys swing. After she fixed it, the dreams stopped.

Along with Theye's examples, students who attended the lecture volunteered their dreams for Theye to interpret.

Junior Allie Hazeltine, mentioned a dream she had a few months ago where she was driving her car on a skinny bridge with her roommate. She lost control of her car, drove into the water, and was forced to abandon her car.

The car "could represent aspects of his personality and doesn't have a lot of control in the situation," Theye said.

"I've never thought of it

like that," said Hazeltine.

Theye has found talking about a dream upon waking

**"Recurring dreams are trying to warn us of something."**

Wayne Theye  
counselor and education instructor  
Winona State University

can make it easier to interpret, as well as having someone ask in depth questions about the dream.

Molly Clarey, a sophomore who attended the lecture, used her recurring dreams of always being late as an example for Theye.

Clarey described one tardy dream from when she was in

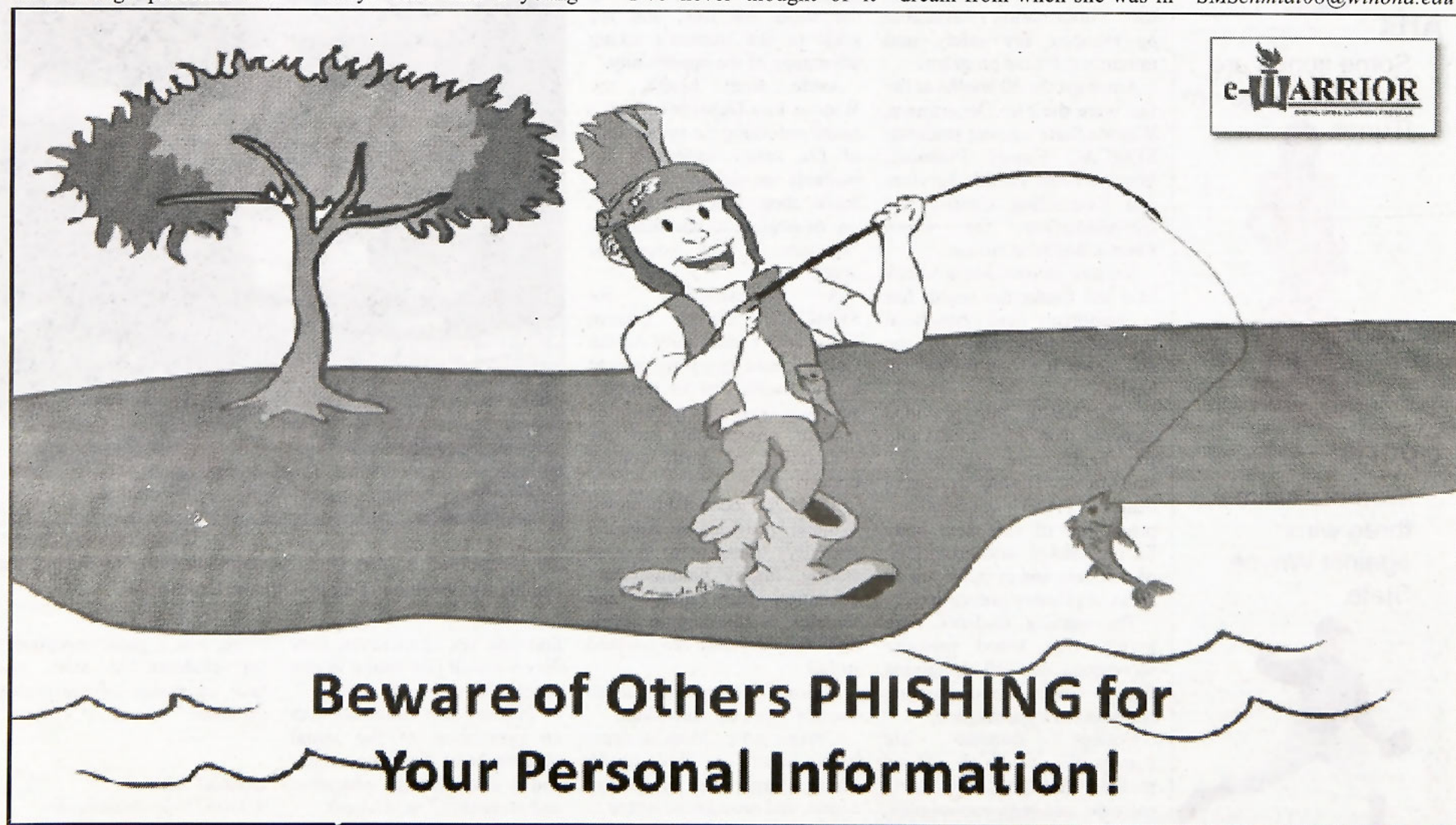
high school.

"I showed up to school, but my mom decided to go back to pick up my aunt, then she brought me back with roller blades on and all the doors were locked," said Clarey.

According to Theye, when interpreting this dream or any others, all a person needs to do is think about what's going on in their life at that particular time and think about the situation in a different way.

Theye has found dreams to be fragile and advises students interested in interpreting them to write key words down right after waking up.

Contact Stefani at  
SMSchmidt08@winona.edu





# Potential complications can be caused by a single drink of alcohol

**Alyssa Homan**  
Winonan

Women who consume alcohol while pregnant can cause complications for their child

Unfortunately, this is the case for 40,000 babies per year who are born with Fetal Alcohol Spectrum Disorders.

Fetal Alcohol Spectrum Disorder is a blanket term for children born with fetal

alcohol syndrome, alcohol related birth defects, or alcohol related neurodevelopment disorders.

Children diagnosed with these disorders not only suffer from their physical abnormalities, but they also experience behavioral and social problems as well as impairments in learning and understanding safety.

So how is it that these children are born with such ailments?

The answer is by means of a very preventable cause; the consumption of alcohol among pregnant women.

"There is no 'safe amount' of alcohol to drink while pregnant," both Linda Soderstrom and Mary Mitchner said during their FASD presentation last Wednesday night.

Though the best way to ensure there are no potential complications for an unborn

child is to abstain from alcohol completely during pregnancy, Mitchner mentioned that there is a short period of time following conception when alcohol consumption can arguably be considered "safe."

"Typically a woman shouldn't drink at all during her pregnancy, but the first ten days after conception is considered to be the only possible 'okay' time to consume," Mitchner said. "However, there is obviously

going to be a higher risk of a FASD the more consumption occurs."

Surprisingly, the leading state for FASDs is Wisconsin with 150-200 babies a year being negatively affected by prenatal alcohol exposure, and Minnesota also being one of the top ten states.

"Though you might expect

See DISORDER, page 6


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## High school students get a taste of college life

High schoolers were given chance to get the feel of a campus life

**Amanda Rehrauer**  
Winonan

High school students had the chance to get a taste of college life last weekend.

Around 150 high school students who will be attending Winona State University in the fall spent Feb. 21 and 22 with a college "pal," getting the chance to attend classes, try out cafeteria food and participate in various mixer activities organized by the Ambassadors organization.

Mary Palin, president, said, "The purpose of the weekend is to give the seniors a closer look at life as a college student and hopefully persuade them in making their final decision to attend Winona State in the fall. We want them to have fun, meet tons of people and want to come back in August."

Ambassadors Vice President Alicia Talley said, "High schoolers benefit from PALS weekend because they have an opportunity to see what life at WSU is really like.

"They also can meet other prospective freshman and upperclassmen at Winona. Everyone who is involved with PALS weekend enjoys it because it is fun to be involved on campus, organize a party, and make a difference on campus and the future of WSU."

Palin said preparation began

in fall semester. The theme for this year, "Safari," was chosen and t-shirts and decorations were created accordingly.

Once classes resumed in January, members from the organization began to pair students up and plan entertainment.

High school students are paired up with WSU students based on their major so that the two have something to talk about, and so that the high school student will hopefully gain insight from going to class with their host.

"The seniors go with the WSU students to classes on Monday morning so hopefully if a pal is interested in elementary education, she or he will get a chance to go to an education class with her or his host," Palin said.

The pals are required to go to three classes with their host since they are missing a day of class. For those who don't have classes to go to, the organization holds other events.

Palin said, "[On Feb. 22], we did a travel study info session, student activities info (ideas for what they can get involved in this fall), and a student question and answer panel.

As far as entertainment goes, Palin said, "We have a social for the pals on Sunday night and every year we have

to think of 2-3 hours of things to entertain these high school seniors." She added that it is hard work, but enjoys seeing the final product.

Talley agreed, "Everyone who is involved with PALS weekend enjoys it because it is fun to be involved on campus, organize a party, and make a difference on campus and the future of WSU."

Palin said she loves seeing how close all the students get after being together for such a short amount of time.

"It is so great to see how relationships are formed in less than 24-hours," she said.

"It's also nice to see the after effects of the weekend later during the year and in the fall when the pals are freshmen and meet up with their former hosts. We can't please everyone with the weekend but I'm so happy to see when things work out and everyone is happy.

Contact Amanda at  
ARehrauer06@winona.edu



# Awareness provided to students about registration times

**Alyssa Pederson**  
Winonan

Winona State University summer session registration is just around the corner, and Winona State's Outreach and Continuing Education held their first Winter Beach Bash last Wednesday to inform students on courses and available financial aid.

The event by graduate assistant Amy Meyer, in collaboration with the WSU American Marketing Association Club and Paul Stern, director of the Warrior Hub.

The event was established to promote awareness about summer session and remind students that registration for summer session begins at 8 a.m. March 1.

It also worked to inform

students that there are more classes, more online classes, more coordination among departments in scheduling classes and a simplified process for visiting students, said Meyer.

The bash featured music, games, refreshments and door prizes, including a \$500 voucher toward 2010 summer tuition, which student Katie Janasak won.

"The event was a really great idea to get people interested and involved in summer classes," said AMA member Katlyn Bourget. "It was nice to have all of the departments set up so students could see what classes were offered for the summer in each department. I think the event went well."

Meyer said 264 students attended the event and filled out a summer session survey.

"The surveys that the students filled out will help the university to shape future summer session offerings," Meyer said. "If students didn't get a chance to fill out the survey at the event, they still have an opportunity to share their input by accessing the survey online at the website."

The survey can be accessed at: [www.winona.edu/summersession](http://www.winona.edu/summersession).

"Thanks to the help of the WSU AMA Club, the Student Activity Center was transformed into a tropical oasis with beach balls, a palm tree, summer themed decorations and fun beach music," Meyer said. "We are very pleased with the turnout, especially since this is the first time we have run an event like this."

Various representatives from WSU colleges were available at

the event for student questions, representing for various departments or organizations, such as Education, Communication Studies, Nursing & Health Sciences, Science & Engineering, Health Exercise & Rehabilitation Sciences, Study Abroad/International Services, Warrior Hub, and Zip Car.

"This is the first time we have done an event like this," Meyer said. "We hope to continue the event in future years so students continue to know all that is available for them here at Winona State in the summer."

Most types of financial aid available during fall and spring semesters will be available during the summer term. The summer financial aid application and information on the different types of financial

aid available this summer will appear on the Web site at [www.winona.edu/financialaid/](http://www.winona.edu/financialaid/) on March 1.

Summer financial aid award letters will be emailed out to students after spring break, and students having any issues with registration holds or registration edits should follow up by utilizing the code information they are given.

The summer sessions are broken up into three sessions: May session is May 8 to 30; First summer session is June 1 to July 2; and second summer session is July 6 to Aug. 6.

Meyer said, "We hope to grow the event in future years with increased participation by various academic departments and students."

Contact Alyssa at [APederson06@winona.edu](mailto:APederson06@winona.edu)



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Seek help from your advisor if you have any questions.



# Opportunities in Peace Corps open to students

**Brendan Moore**  
Winonan

An opportunity to pursue service as a Peace Corps volunteer was offered Feb. 22 to students at Winona State University.

Peace Corps Regional Recruiter Joshua Becker handed out pamphlets in the lower hyphen of Kryzsko commons about the different areas of service students could potentially work in.

"Education is our biggest project sector. I'd say most of the student interest I get from this school tends to be in education," Becker said.

The Peace Corps has seven different project areas that students can work in.

While education is the largest project sector, students could also work in other areas such as agriculture, health and small business development.

The Peace Corps minimum requirements state that volunteers must be at least 18 years old. In addition to being a citizen of the United States.

However, the opportunity to serve will only be available to students after graduation.

"Ninety-five percent of our projects do require a four year degree," Becker said.

Due to the 27 month tour of service required for Peace Corps volunteers, no short term internships are currently offered.

However, according to Becker, Peace Corps service is an opportunity that will allow students to gain experience while creating a global environment of peace and friendship.

"I think it's a great opportunity to broaden your horizons and get to know other cultures," said Winona State student Ashley Butler.

An in depth information session was also held later that night covering the specifics of the Peace Corps service.

The session began with what Becker described as a culturally appropriate, Fijian way to start a meeting.

The session explained what students would be doing in their service, as well as the steps that are involved in the application process.

"I always tell applicants to give themselves anywhere from 9 to 12 months for the application process," said Becker.

Becker also explained that, applying to serve in the Peace Corps does not automatically guarantee that an applicant will be accepted. In addition to the

"I think people don't realize the benefits that are provided by volunteering."

Joshua Becker  
Peace Corps Regional Recruiter

minimum requirements for service, all applicants must pass a medical screening; during which, everything in an applicant's past medical history is taken into account.

"One example I've heard of in the past is a volunteer who was nominated to serve in Africa and then found out that she was allergic to peanuts. We obviously can't send you somewhere where the diet would consist primarily of peanuts," Becker said.

The session also went over the benefits that are associated with service in the Peace Corps. In addition to the medical and dental coverage that is provided during service, volunteers also receive a living allowance. This allows them to pay for food, transportation and any other necessary cost that they might have.

"I think people don't realize



Joshua Becker sits at a table displaying Peace Corps information Feb. 22 in Kryzsko Commons.

Jake Rajewsky/Winonan

the benefits that are provided by volunteering," said Becker.

Volunteers also receive decreased medical and dental coverage for six months following the end of their service in addition to a readjustment allowance, which allows volunteers to get back on their feet.

For more information about Peace Corps opportunities contact regional recruiter for the Winona and Chicago area, Joshua Becker at, 312-353-1215 or [jbecker@peacecorps.gov](mailto:jbecker@peacecorps.gov).

Contact Brendan at  
[BMoore08@winona.edu](mailto:BMoore08@winona.edu)

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## DISORDER

it to be more widespread with the poorer and less educated, FASDs are actually most prevalent among those having white collar jobs and a college education," said Mitchner.

The effects of FASD differ from person to person

depending on the amount of alcohol the mother consumes during pregnancy, environmental factors such as sanitation and health care availability, as well as the number of children the mother has had and other varying

circumstances.

The 24-year-old adopted son of Linda Soderstrom, with limited help, holds a steady job in the Winona State food services and is able to live in his own apartment has the FASD condition.

Depending on the severity of their condition, most affected can live fairly normal lives. Yet the biggest challenge facing most independent FASD individuals is understanding safety.

"They are easily taken

Continued from page 3

advantage of and can be made into easy victims," Soderstrom said.

For example, someone with a FASD might be able to be easily swayed to do something criminal by a total stranger for a reward as simple as a piece of candy.

"They can't comprehend the consequences their actions will have, which makes them easy targets."

Though FASDs are incurable, Mitchner said, "The key to insuring the most successful life for a child with a FASD is to diagnose it as early as possible in order to be able to make the most of rehabilitation resources and treatments."

"Treatment is more management than anything. If the affected child has a sibling, peer or advocate mediating for them, it helps allow the individual to be more regularly involved in activities and interaction with others in social settings, such as in the lunchroom or on the playground," said Soderstrom.

Other treatments for a FASD can include corrective surgery and regular, recurrent speech therapy, but Mitchner said, "The best thing for a FASD affected child is a stable home."

"Overall, we just need to stop focusing on what these children and adults can't do, rather, we need to uplift them for what they are able to accomplish," said Soderstrom.

Contact Alyssa at  
AHoman08@winona.edu

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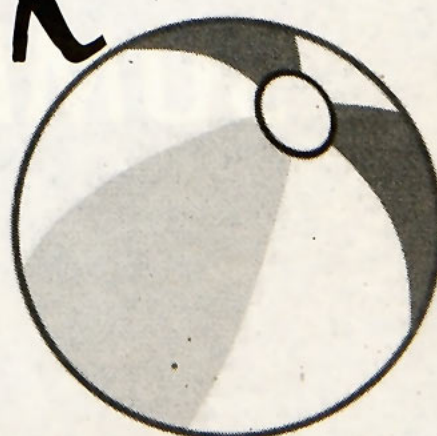
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# What's Happening Around Winona State...

Wednesday	Thursday	Friday
<p><b>Artist Exhibit: Jim Denomie</b></p> <p>Time: All Day Date: March 3 Place: Watkins Hall Paul Watkins Gallery Contact: Kathleen Peterson KPeterson@winona.org</p> <p><b>First Annual Major Fair</b></p> <p>Time: 11 a.m. to 2 p.m. Date: March 3 Place: Kryzsko Commons East Hall Contact: Lindsey Wojtkiewics advisingsvcga@winona.edu</p>	<p><b>Habitat For Humanity: Women's Build Olympics</b></p> <p>Time: 11:30 a.m. to 2 p.m. Date: March 4 Place: Kryzsko Commons East Hall Contact: Ann McDonald AMacDonald@winona.edu</p> <p><b>Mugshots: Lumberjack Night</b></p> <p>Time: 8 p.m. Date: March 4 Place: Lourdes Hall Room: Mugshots Contact: Mugshots@winona.edu</p>	<p><b>Last Day to Clear Incompletes (I) from Fall 2009 Courses</b></p> <p>Time: All Day Date: March 5</p> <p><b>Recommended Deadline to Submit Applications for Graduation</b></p> <p>Time: All Day Date: March 5</p> <p>(Today is the Recommended Deadline to Submit an Application for Graduation for Spring 2011)</p>
Saturday	Monday	Tuesday
<p><b>Student Photography Showcase</b></p> <p>Time: All Day Date: March 6 Place: Winona Arts Center Contact: Drake Hokanson DHokanson@winona.edu</p>	<p><b>SPRING BREAK</b></p> 	
Sunday		
<p><b>Student Photography Showcase</b></p> <p>Time: All Day Date: March 7 Place: Winona Arts Center Contact: Drake Hokanson DHokanson@winona.edu</p>		





## THOUGHT SUMMER WAS "OUT" AT WSU?

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Second Summer Session: July 6-August 6

Registration begins on March 1, 2010

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***CATCH UP   KEEP UP   GET AHEAD***



# LETTERS TO THE EDITOR, ETC.

## Salinger is dead. Now read all his work!

**Brian Sanders**  
Winonan

On Jan. 27, something that was all at once tragic, inconsequential, and exciting occurred: Jerome David Salinger, who is perhaps my favorite writer to have ever lived, died.

His death is not particularly tragic — he was 91 years old, after all. At the time of his death, however, I had just finished reading “Nine Stories,” and his death caught me completely off guard.

Salinger is most remembered for “Catcher in the Rye,” a massively popular coming-of-age novel about teenage alienation. The book is famous for good reason — it is extremely well-written while at the same time easily accessible. Holden Caulfield is a humorous and insightful narrator, and most readers find that they could identify with him at one point. Beyond the surface, though, there is much more depth to the story that

really appeals to me.

What I love about “Catcher” is the way it really encapsulates the way angst works and the persuasive potential behind language. Holden Caulfield spends so much of the book ridiculing adult phonies that the reader comes to view Holden as a well-put-together young thinker. The actions behind his words, however, point out that he is insecure and dishonest. That book still blows me away for its perfect characterization of a confused, insightful mind.

While Holden Caulfield was a great character, his great narration at times overshadows the meat of the story. In “Nine Stories,” Salinger wrote much more conventional short stories that showed his ability as a writer without employing the gimmick of the foul-mouthed teenager.

“Nine Stories” shows Salinger’s unique writing abilities. The dialogue in those stories is so natural and convincing, yet every line seems so telling about the

characters. In terms of dialogue, he is easily my favorite writer. Equally as powerful is his ability to craft seemingly ordinary situations and use them to show much deeper longings of the characters. It is difficult to discuss this without providing spoilers, but the ending of every story is so perfect and profound.

My favorite of these short stories is “De Daumier-Smith’s Blue Period.” Through its 30 or so pages, it is full of insight, humor, and heartbreak. Put most simply, it is about a young artist who falls in love with one woman about whom he knows nothing besides her employment as a nun and her talent.

Skeptics who are always looking for a reason to hate the actions of others argue that J.D. Salinger, being such a recluse, would not appreciate his readers mourning, celebrating, or otherwise recognizing his death. I find this position to be presumptuous and arrogant. How does one really know how

Salinger would have wanted me to feel about his death? Isn’t it a bit arrogant to view my emotions in a condescending manner? If I feel sincerely moved by the death of one of my favorite artists, is that emotion less valid because that artist detested fame? While I agree that his death was not surprising or particularly important, it did affect me to think that someone who was able to evoke so much about life was now dead. So let me mourn!

Salinger has been writing without publishing since 1965, so the assumption would be that there will be many exciting works of fiction being published in the next few years. By 1972 he claimed he had written 2 new novels, and a neighbor of his from Cornish reports that he has written at least 15 novels. I look forward to the future with great anticipation for his “new” work.

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### GRAMMATICALLY CORRECT “KAMIKAZE ZOMBIES”



Kim Sisson



## Winona State hosts first twenty-four hour theater marathon



Nick Furlong/Winonan  
**William Schmitt, played by Erik Larson, pushes the camera woman played by Briana Dankers, out of his face Friday in the black box theatre during rehearsal for "Private Lives," one of three plays produced in 24 hours.**

**Courtney Kowalke**  
Winonan

A group of 30 students involved in Performance Arts at Winona State University presented a series of three plays Saturday, Feb. 27, in the Dorothy Magnus Black Box Theater in the Performing Arts Center.

Attended by nearly 150 students and community members, the performance

gained attention for being put together in only 24 hours.

Beginning at 7:00 p.m. Friday, Feb. 26, the students wrote scripts, cast parts, designed and built set and rehearsed until 7:00 p.m. Saturday when the pieces were performed.

Each play lasted 15 to 20 minutes, with five minutes between each to rearrange sets and let actors get into place.

"It's been a long day," actor

Ethan Jensen said at the start of Saturday night's event, a sentiment performers and audience members alike could not dispute.

Jensen, a junior theater major at Winona State was in charge of putting the event together.

"There was no funding from the faculty," Jensen said, adding that while he did have to ask to use the facilities there was no direct involvement of any Winona State staff.

Since funds were not provided, Jensen added that the cast and crew were "hoping to pull everything we need to use, such as props and costumes, out of storage. If anything else is needed, though, [the money for it is] coming out of my pocket."

When asked what inspired the performance, Jensen said that he "had heard of it being done before at other schools" and that he "had a sister at Augsburg [College, in Minneapolis] do

one a few years ago. I was telling my friends here about it and they all thought it was a really cool idea."

Andy Halvorsen portrayed an out-of-work husband in the dramatic piece "Half Lived Dreams."

Halvorsen says that while the event was a fun and rewarding experience, it was also incredibly demanding.

**See PLAY, page 13**



# What Feelings Sound Like

## Sarah Buxton is a little-known country gem

Stephanie Alar  
Winonan

Sarah Buxton, who has been around since 2005, finally released her first full-length studio album, Feb 23.

She's had four singles from the time she started until now, which all are featured on the new album.

This includes the latest single, "Outside of my Window."

Many country fans are big on Keith Urban and have heard "Stupid Boy."

I love that song and here's a fun fact: Sarah Buxton co-wrote it, and it's on the album! Yessss!

The album starts off with "American Daughters."

She sings about mistakes that people make and how it's not impossible to move on since freedom is our father, while America is our mother.

She begins talking, and this is where I decide that she sounds like Stevie Nicks.

When I did research on her, people were comparing her to Melissa Etheridge, which I think is kind of off.

Stevie Nicks is much more of a compliment, so you're welcome, Sarah!

"Outside of My Window" starts with some rock guitar and becomes more country as soon as she begins singing.

I love the song since the lyrics are so positive and I'll be able to jam out to them in the summer.

The chorus is perfect, "You still need stars when you're

wishing at night, a best friend to set you right, a good laugh, a warm bath, and a beautiful song you can sing along to."

In the next song, "Radio Song," Jedd Hughes accompanies Buxton.

I've never heard of him, but I'm pretty sure it's because he's a country musician from Australia.

Meh, not my favorite song but it's all right. This isn't the only one that he sings with her though on the album.

Another duet with Hughes, the love song, "Wings," starts off with a country vibe.

"You give me wings, so I can fly. At least that's how it seems."

You can't really hear Hughes in this one, and I think it's because Buxton can handle her own.

I do enjoy the final song he sings with her: "Big Blue Sky."

This one you can hear his sweet voice. It's slower moving but like I said sweet.

"Let's start making plans, I want you to see I ain't got a doubt. You're the only one for me."

After the chorus they change it up a bit, to short choppy notes and lines.

"Love Like Heaven," sounds like the band uses bagpipes to introduce a new vibe to songs.

Buxton TOTALLY sounds like Stevie Nicks in this song. I like it.

It's a fast paced song about wanting true love, and never giving up until it's felt.

In the chorus every

instrument's part becomes more intense, including vocals.

She slows down on "Space".

It's a song that is about just what the title says, space. No, no, not outer space.

Anyone had a boyfriend break up with you because he "needs some space"? That's pretty much what she's venting about.

"Does it make you feel free, make you feel young? How does it feel not to need anyone? You say you want space, baby you can have space. I'll give you..."

"Innocence," her very first single released in 2006, sounds like a typical country song about first love.

"That Kind of Day" resembles a Taylor Swift song.

I'm not a huge fan of Taylor Swift since all her songs sound too similar to each other.

I didn't like this song until the harmonica kicked in 3/4 of the way through. Then she starts talking about someone flipping her the bird.

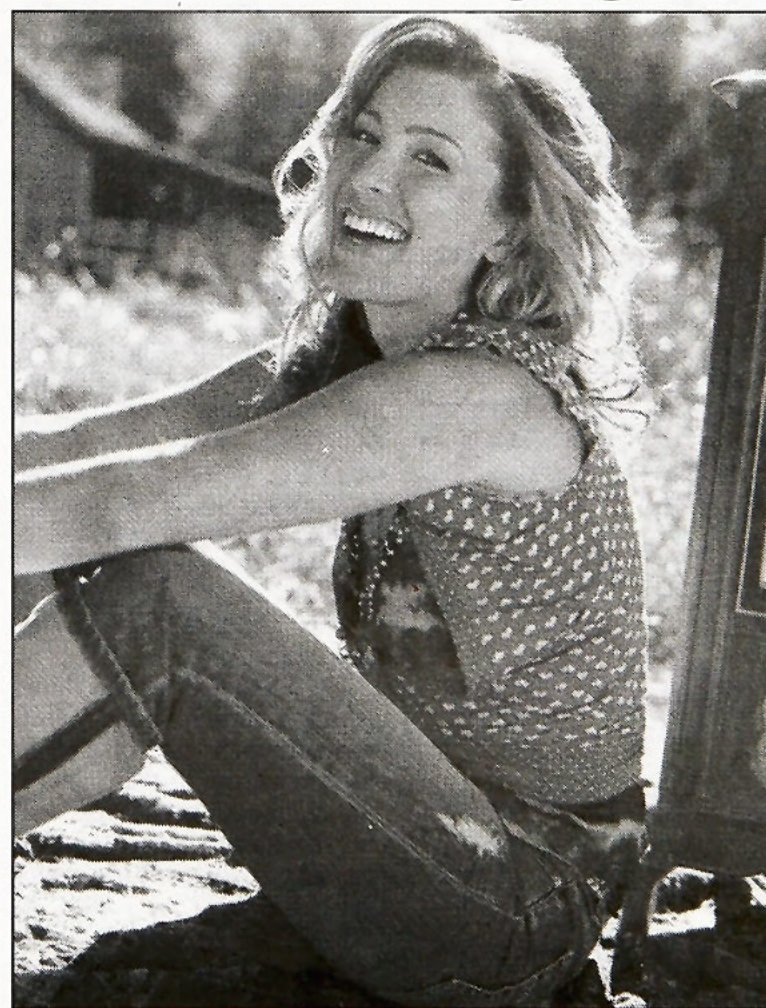
Kind of a weird touch to a song to just stop singing and say, "Did she just flip me the bird? Hahaa."

Here comes the song I've been waiting for.

I wanted to hear what the female spin of "Stupid Boy" would sound like.

The instrumental isn't similar at all. Buxton uses piano as the base while Keith Urban almost entirely uses his acoustic guitar.

Everyone will argue Urban's version is way better, but



©Google

Country singer Sarah Buxton, who has been writing and releasing singles since 2005, finally released her first full-length album.

I'm a sucker for cover songs whether they are poorly done or outstanding.

Plus, she co-wrote it! I like Buxton's voice, and a few of her songs, but some of them become repetitive and annoying.

I'm going to stick to downloading my faves from iTunes.

For all of you who want

to know which ones were my favorites, here's a quick rundown: "Love Like Heaven," "Stupid Boy," "Outside My Window," and "Big Blue Sky." Check them out!

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# 'Cop Out' is a lame attempt, while 'The Crazies' is a decent remake

Jordan Corrigan  
Winonan

For once, a couple movies released this week were worth catching, and as your faithful movie critic, I couldn't decide which to review, so... I saw them both.

On general principle, remakes suck.

Sure, there are exceptions ("The Thing," "Cape Fear"), but by and large, no matter how good the movie, a remake ruins it.

While I can see the argument (improved filmmaking techniques, CG, etc.) it avoids a central tenet of cinema – if it's good, it doesn't matter.

So, with no small amount of trepidation, I caught a screening of "The Crazies." Like "Dawn of the Dead," the

1970's original (also a Romero flick) was an interesting (if not a bit rough around the edges) film involving a government conspiracy and an engineered supervirus that induces a psychotic rage in all of its victims.

Wisely, the remake doesn't tinker with the plot much, except to excise a subplot regarding the people behind the scenes of the containment, which was pointless anyway – the government works better when it's a faceless entity with guns as opposed to some bureaucrat.

The story revolves around a small town sheriff (Timothy Olyphant), his wife (Radha Mitchell), his deputy (Joe Anderson), and a random jailbait teen (Danielle Panabaker), as they try to escape the cordon established around their town in a military effort to contain the spread of Trixie, the adorably named supervirus.

The flick wastes no time getting right into things – just enough time is spent establish the characters so that they're three-dimensional, as opposed to the usual horror movie characters who exist merely to drive the plot.

Everyone is losing their minds, and no one seems to know why.

Of course, once it's determined it's a virus, an air of menace and paranoia settles over the film – no one knows how it's transmitted, and so

"trust no one" quickly becomes the theme.

In short, "The Crazies" is a tightly paced, effective little horror film, and I highly recommend it.

If you can make the trip to the Mall of America theatre, it's worth the trip, and the extra dough, to catch it in their D-BOX theatre.

Feeling the steps of an approaching psycho, the seats following the camera's movements, ratchets up the tension in scary movies, making them a hell of a lot more fun.

After "The Crazies," I caught another flick I had mixed feelings about.

"Cop Out," the new Kevin Smith flick, is unique in that it's the first flick that Smith didn't write himself.

So, it suffers from a lack of his singular voice, which some might consider a plus.

I am not one of those people.

"Cop Out" is essentially every buddy cop movie ever made. "Lethal Weapon," "Bad Boys," even "Hot Fuzz" (which was a skewering of buddy cop movies), you name it.

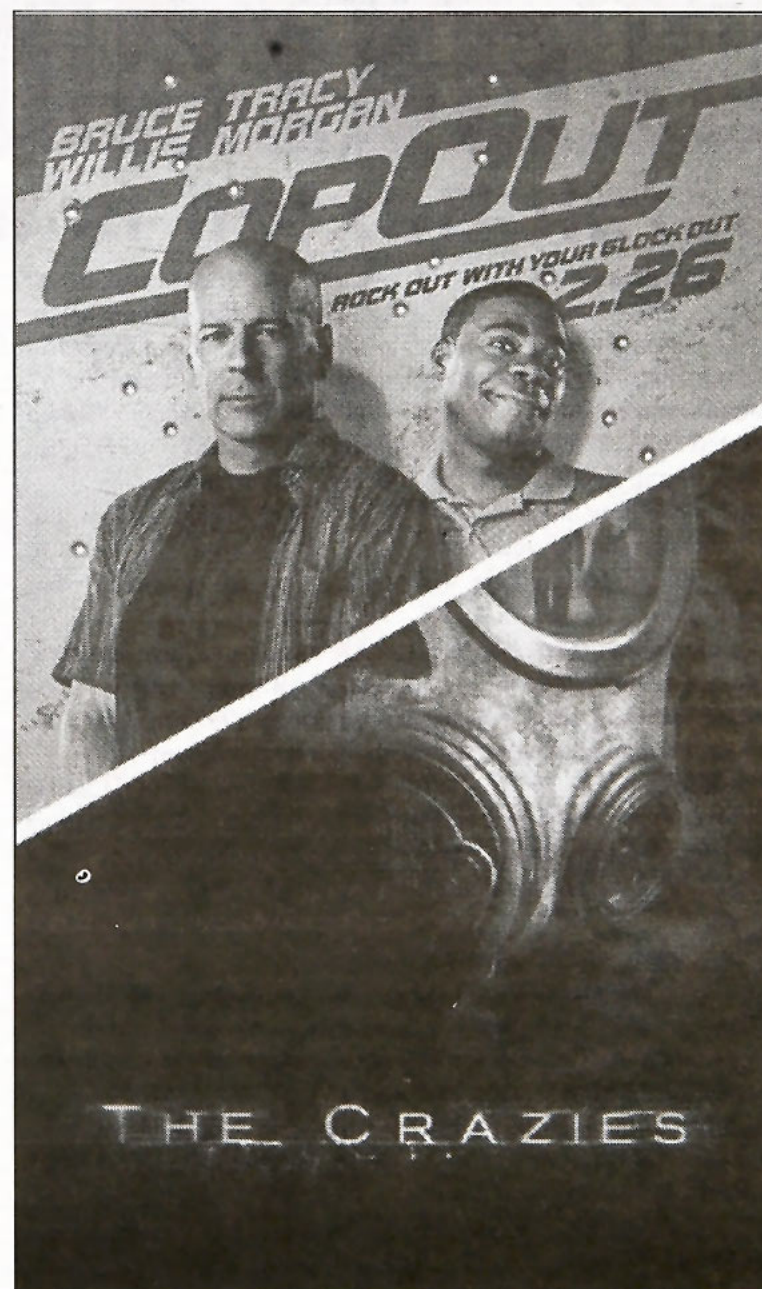
However, like many movies of late, it's buoyed by the strength of its performances.

Tracy Morgan and Bruce Willis make this a flick worth watching – even though Willis' character is a composite of all the cop-esque characters he's ever played and Morgan seems to have not been given a script, it works.

The setup is a bit convoluted, but it involves a stolen baseball card, a petty thief, a Mexican drug lord, and a USB drive posing as a piece of jewelry. See?

Again, there's nothing here that hasn't been done a million times over.

But, despite how formulaic it all is, Smith pulls out some fairly impressive stops, given his limited cinematic vocabulary, and everyone involved seems to have genuinely enjoyed participating in this flick.



© Google

"The Crazies" is a decent remake of the 1970s original, but "Cop Out" is not for everyone.

It's not for everyone, and it's a bit too slow paced for its own good.

But it's nice to see a unique talent branching out and playing with someone else's material.

I'm a Smith apologist, but I believe that this little trip outside his own sandbox is good for him as a director and for moviegoers in general.

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## Cop Out

Runtime: 107 minutes

MPAA Rating: Rated R

## The Crazies

Runtime: 101 minutes

MPAA Rating: Rated R

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"I got about three hours of sleep last night," Halvorsen said after the performance. "So right now I'm just kind of going with the flow to try to stay awake," since teardown of the set pieces began once the audience was gone.

The performance, which was free and open to the public, was highly publicized.

"The amount of attention we've gotten [prior to the performance] is amazing," Jensen said. "We put up posters and started a Facebook event but [there have] also been a lot of people hearing about it just by word-of-mouth."

Community member Ruth Hable said that she heard about the event through friends and was interested to see how the performance would turn out.

"It's a really creative idea, I can't say I've ever heard of something like this," said Hable, who said she has always been interested in theater. "It was free and the location was good so I thought it would be neat to check out."

Attendance was a factor when setting up for the evening.

"We did a thrust stage," Jensen says, "which means there's seating on three walls. [Setting up the audience area]

was one of the last things to be done, so seating just depends on how the rest of the rehearsal and production time goes."

All three plays used the same basic stage setting of stacked platforms, a doorway, and with various pieces of furniture.

The first play, "Somebody to Talk To," was written by Ryan Overdrive and directed by Sarah Anderson.

The wryly comedic act featured Overdrive as a psychiatrist dealing with patients played by Crystal Merchant and Jeremy Hansen, as well as his departing secretary, Kara Eggers.

In the dramatic piece "Half Lived Dreams", written by Kristen Payette and directed by Eileen Moeller, fragments of past and present events were used to show the connection Halvorsen's character formed with Tiffany Streng's secretive bartender.

The final play, "Private Lives," was a comedic piece that featured Molly Daun and Erik Larson as a feuding married couple being interviewed about their "dabbles with dishonesty" by news reporter Katie Steger and camerawoman Bri Dankers.

Ryan Stefani and Jocelyn

Olson played a young couple watching the interview.

Jensen joked, "This is one of the smoothest run shows I've ever been involved in, [probably] because there were no production meetings."

This event marks the first time a twenty-four hour theater has been performed at Winona State.

Contact Courtney at CKowalke08@winona.edu

## Accounts from Academicians

(noun) ac·a·de·mi·cian\ a-kə-də-'mi-shən

An academic; intellectual

By Christina McDaniel

Photos by Fred Schulze/Winonan

### What movie do you think should win "Best Picture" at the Oscars on March 7?

Nikki Kizer  
Sophomore  
Chicago, Ill.



"The Blindside"

Zach Pecchia  
Sophomore  
Woodbury, Minn.



"Avatar"

PJ Duncanson  
Sophomore  
Shoreview, Minn.



"Avatar", although I liked  
"Inglourious Basterds"

Kent Moore  
Sophomore  
Cannon Falls, Minn.



"Up"

Kelsey Boigenzahn  
Freshman  
Winona, Minn.



"Avatar"

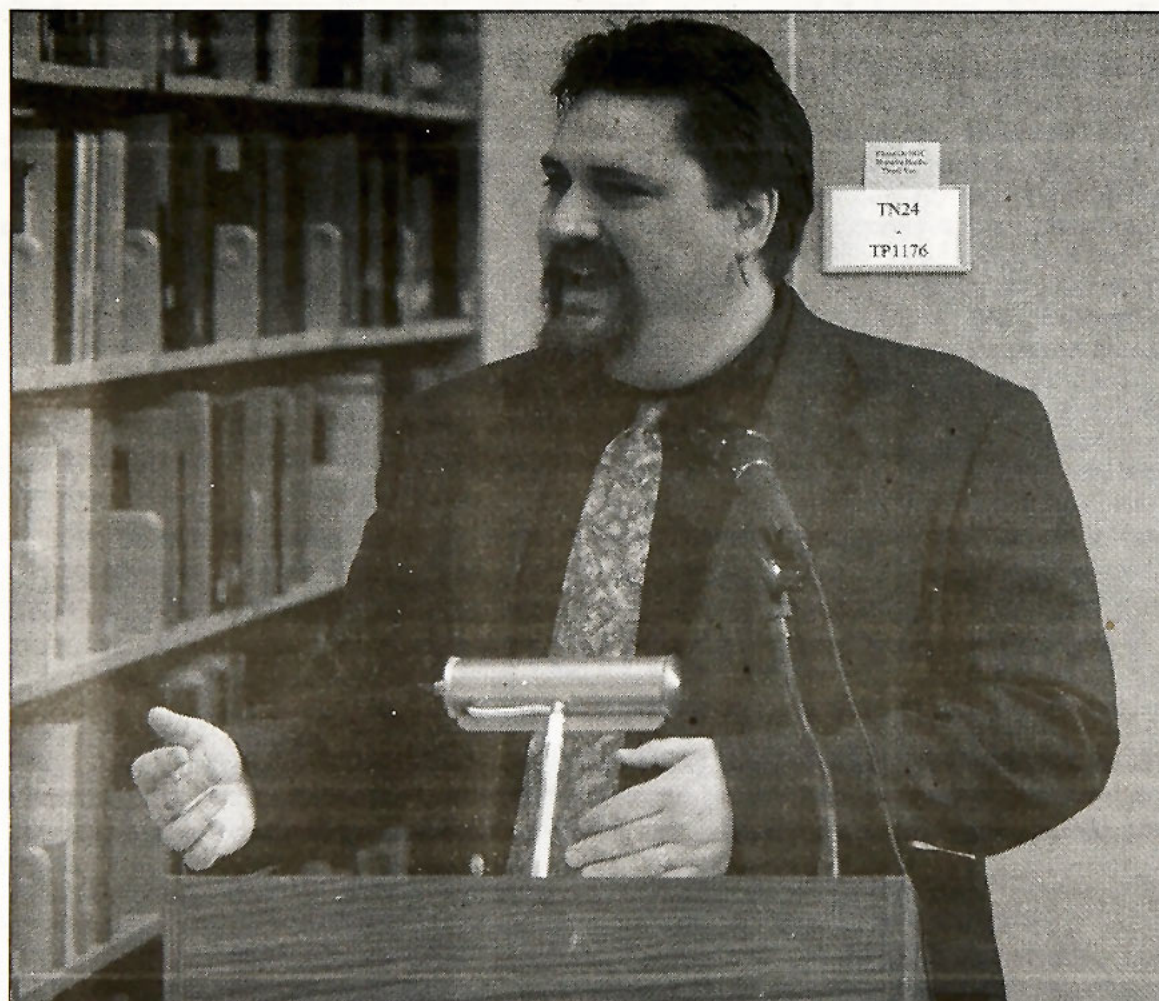
Kelsey Piepkorn  
Freshman  
Mound, Minn.



"Avatar"



## Athenaeum presents micro fiction lecture



Jake Rajewsky/Winonan

Nicholas Ozment speaks Wednesday as part of Winona State University's Athenaeum Series. The program was called "Micro Fiction Gets Big: Why '1,000 Words or Less' is All the Rage."

### Gabby Keegan Winonan

"A literary equivalent to a three-minute pop song," was a phrase used to describe the subject of last week's Athenaeum presentation.

Nicholas Ozment, who has been an instructor in the English department since 2007 and is also a graduate of Winona State University, gave a presentation on Wednesday about a trend called micro fiction and why it has apparently become so popular in recent years.

Micro fiction is generally defined as a literary work of 1,000 words or less, although different experts may have different definitions.

Even though this form of fiction is limited, it still has all of the elements of a longer more traditional fiction.

Although forms of "micro" fiction have been around since Ernest Hemingway's famous six-word story: "For sale: Baby shoes, never worn." Some may wonder why this type of fiction has become what Ozment describes as an obsession over the past decade.

Part of the reason micro fiction, also known as flash fiction, has become so popular, Ozment said, is because of the short attention spans people tend to have as they surf the Internet.

Web sites like Stumble Upon and Twitter, where a person scans a block of text and moves on, are popular examples of this tendency.

According to the coordinator of the Athenaeum series, Allison Quam, Ozment was chosen because the Athenaeum committee predicted that his

subject would be engaging since this is a literary form that many people may not know anything about.

He was also chosen in hopes that the presentation would perhaps inspire students to explore a literary form that they had not considered before.

Although some people may be in favor of micro fiction, and attribute its popularity to the short attention span of the current generation, Ozment disagrees.

He contradicted this assumption by giving the example of the latest Steven King novel, which is over 1,000 pages long, which is currently a best seller.

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## When Cultures Collide: Students gladly receive professors' feedback

### Sung Hee Choi Winonan

A couple years ago, a candidate for student president made a pledge about an "editing assignment" in Chung Ang University in South Korea.

An "editing assignment" is when students submit their homework, papers, and essays and the professors write comments.

There are no comments. We can only find out grades after the assignment is turned in.

Since the candidate running for president lost the election, it could have happened.

Since that election, we haven't imagined "the editing assignment."

In South Korea, we have two main essay assignments, a midterm and final exam, during a semester.

Sometimes we have group projects and we usually skip the midterm exam.

It can be used as a substitute instead of taking a midterm exam.

It all depends on departments, majors of students and the kind of university in South Korea.

The students can get some small tasks and two big tests.

The tests would have great affects on students' grades.

Since I came here, I was overwhelmed because of the large number of homework assignments.

There are so many reading assignments, discussions, papers and even debates in classes.

When I was in South Korea, I never imagined the huge amounts of homework in the U.S; surely it depends on the area of study.

I'm sure that there are a lot of efforts to participate, follow every class closely and monitor everyday activities.

I think that university students are expected to prepare for a lot of tasks.

When I was in South Korea,

I heard that students at Harvard University usually stay in a library to catch up with other students and I can certainly believe now that it is true.

Most of all, I was shocked when I submitted my paper and my professor gave it back to me.

The professor commented that my paper had something wrong in detail.

Then the professor tried to explain why I had received the grade.

When I received my paper, the comments helped me to understand what I didn't notice about my faults before.

In South Korea, returning a paper with comments is rare.

Recently, some university professors have tried to do that, although it is still an uncommon occurrence.

If I want to know my paper's grade, I should stop by my professor's office or send an email.

Otherwise I can figure it out when I get a total grade at the end of the semester or the year.

If I don't care about my paper grades, there's no way to know.

Sometimes we just used to guess about our paper grades.

Conversely, U.S. professors are open with students about how they grade.

They let us know average, mean, and standard deviation.

Some of them even make a graph and post it on D2L.

Even when we take a test, after the test, the lecturer spends one class explaining the questions and how to draw an answer.

Through the process, professors try to answer some of the students' questions.

At that time, it seems like the professor is not only a lecturer, but also a study guide for students.

It is an impressive experience.

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# Guest view: Students should hold MnSCU accountable

Jordan Corrigan

People you don't even know are stealing from you.

It's not the usual Nigerian princes, or even related to those emails you get offering Ph.Ds for ten bucks.

No, it's still a theft by swindle, but it's far more innocuous.

Students here and at state colleges and universities all across Minnesota have felt its effects, though many would be

hard pressed to name it.

It threatens to inflict more damage on the tuition paying students of this state, even whilst cowering before challenges to its authority.

It's name: the Minnesota State College and University system, known as MnSCU

For the uninitiated, MnSCU is the system that oversees every state college and university in Minnesota.

They've not been around forever – the system was created

back in the mid nineties, and since then, they've ostensibly worked to unify the far-flung and disparate educational facilities of the state.

Except...not so much.

Transferring to another school within the system?

You'll still have to fill out all the same paperwork. Again.

Financial Aid? Nope, that's a whole other round of bureaucratic nonsense to deal with.

Have an issue? Well, MnSCU has a whole host of rules, laws, bylaws, and the like to obstruct you – and in the off chance that you manage to get past all that, they'll use those same rules, laws, and bylaws as a cudgel to beat you into submission.

With each round of funding cuts, and every budget shortfall, the state provides less and less financial support to the various institutions that comprise MnSCU, yet MnSCU's budget continues to increase.

But of course, they've a captive audience (that's you) they can bleed for funds until no one can afford to go to college.

To that end, some of my

fellow senators and I decided it would be wise, in these troubled financial times, to question why MnSCU swallows so many of the system's resources for itself.

At the February MSUSA conference, where the student leaders of the state's 4-year institutions meet to discuss pressing student issues, Winona State University brought forth the following motion:

"Whereas tuition rates have doubled in the last 10 years; whereas MnSCU has ballooned to an unmanageable bureaucratic entity whose allocated resources are not commensurate with its stated benefits; and whereas tuition increases have been used as an expedient and simple solution to a complex problem that ignores the onerous issue of student debt, be it resolved that MSUSA adopt the position that, in the event of further budget shortfalls, cuts to MnSCU central be implemented before any tuition increases are considered."

This was our way of striking back. MnSCU has often pointed the finger of judgement

at organizations, ordering them to justify their existence.

It's high time that MnSCU encountered the same scrutiny.

It must be mentioned that your fellow college students recoiled in horror at the suggestion of attempting to rein in the beast.

Some accused us of biting the hand that feeds.

Unfortunately, in their fearful delirium, they missed the point entirely:

We, the students, are the hand.

We should not be content to continue doling out money until there is no more left to give.

If we are to curtail the rising cost of education, we must seek to eliminate waste and inefficiency.

Our administrators at Winona State have done an admirable job.

If only the same could be said for MnSCU.

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# Teams end regular seasons with victories

**Ali Carlson**  
Winonan

Winona State University women's basketball team closed out the last two games of the regular season in McCown Gymnasium last week.

The Warriors defeated Upper Iowa University 98-72 Wednesday night in Northern Sun Intercollegiate Conference play.

The Warriors took advantage of open shots, shooting 55.4 percent from the floor, 60.9 percent from the 3-point arch and recorded a perfect 12-for-12 from the line.

Michelle Tobin came off the bench and ended the game with her first collegiate double-double with 11 points and 11 rebounds. Michelle McDonald added to the board for the Warriors with a game-high 20 points, and Samantha Barber added 10 points coming off the bench.

Leading the Warriors in points were starters Ana Wurtz with 19 points and Natalie Gigler with 15.

The men's team also claimed a victory against Upper Iowa on Wednesday night, defeating the Peacocks 66-58.

It was a long battle between the Warriors and Peacocks. The Warriors were out-rebounded 35-25 but were able to keep the Peacocks from victory after a near five-minute scoreless period for each team.

The Warriors led at the 7:51 mark of the last period, as both teams declined in scoring. Upper Iowa recorded five turnovers and missed both attempted shots. Winona State was not able to take advantage of the Upper Iowa slump and went 0-5 for shot attempts from the field and 0-2 from the line before either team was able to record points on the board.

Upper Iowa began to close the gap on the Warriors with a minute left in play, coming

within six points. Jon Walburg was able to seal the win with a set of free throws.

David Johnson led Winona State with 17 points against Upper Iowa. Ben Fischer and Clayton Vette followed close behind Johnson, each scoring 10 points. Fischer also added six assists, four steals and five rebounds for the Warriors.

The women's basketball team finished out regular season play on Saturday after recording a win over St. Cloud State University in the NSIC, 77-55.

Winona State wasn't able to take the lead early on against St. Cloud as they trailed by five points in the opening period. St. Cloud was not able to hold their lead from the Warriors at the end of the period.

Winona State went into halftime with a 10-point lead, 31-21. The Warriors came back from half time to continue the lead over St. Cloud and record the win.

Four players for Winona State finished the night in double figures against the Huskies. McDonald led the Warriors with a game-high 18 points, and Marieanna Dulas recorded 12 points while Ana Wurtz and Natalie Gigler each had 10 points.

McDonald also had a game-high nine rebounds. Overall, the Warriors out-rebounded the Huskies 44-28.

The Warrior men's team was able to second the victory against St. Cloud on Saturday.

After an early injury to Winona State's David Johnson, Winona State University went on to defeat No. 16-ranked St. Cloud State 80-69 in their season finale.

"Losing DJ was tough, but I think our guys did a great job of filling his void out on the floor," Brady Moore, men's assistant coach, said.

"We had a couple of guys really step up and assert themselves on the offensive



Nick Furlong/Winonan

**Winona State University's David Johnson tries to get past an Upper Iowa University defender during Wednesday's game in Winona.**

end which we really needed, now we have to hope they can continue to do so as long as DJ is out of the lineup."

Faced with crucial free throws in the last minute of the game, the Warriors made 9-of-12 from the line. The Warriors recorded 23-of-29 shots from the line during the game.

Leading at halftime 42-30, Winona State increased the lead

to 55-40 with only five minutes elapsed in the second period. St. Cloud was able to close the gap to 65-63 with 5:11 left in regular play, but the Warriors were able to pull ahead with a 15-6 run to claim the victory.

"We are happy to end the regular season with two wins," Moore said. "Any time you can take a win streak into the playoffs you have to be feeling

good, but we also understand we have a long road ahead so we can't become complacent with where we are," Moore said.

Fischer led the Warriors with 19 points and shot 5-for-5 from the free throw line. He also had three assists, two rebounds and

**See BBALL, page 19**



# Behind the Number

## Brittany "Dallas" Schmacker

(They all call me "Dallas," it's a nickname I got after moving from Texas)

**Sport:** Softball

**Position:** Outfield

**Major/Minor:** Criminal Justice/Sociology

**Year in school:** Junior

**Hometown:** West Des Moines, IA

**What is the most challenging part of the game/sport. Why?**

The mental part of the game. It is really easy to get down on yourself after striking out or not getting on base. Everyone will strike out or fail to get on base at some point and we all want to be on base 100% of the time. You have to keep believing in your ability and keep trying.

**What's your favorite part of playing the sport?**

Stealing a base. I love getting the sign from coach. I put my head down and charge for the next base. Beating the catcher's throw is a great feeling.

**Why did you choose to play for Winona?**

I am a transfer student who was recruited. I heard good things about this program from older friends and coaches.

**Role model? Why?**

Lolo Jones, the Olympic track runner from Des Moines, Iowa. She resembles strength, intelligence and success.

**Favorite sports team?**

Oklahoma University women's basketball and the Texas Longhorns.

**Hobbies:** Hanging out, being outdoors, and fishing!

**Something others might not know about you:**

I still sleep with a blanky.

**Plans for after graduation from WSU?**

I plan to get a job in corrections or working with troubled children.

**Outlook for the season?**

We are a strong and talented team. We could be undefeated in the conference if we played our "A" game every game, every day. I am honored to be a part of this family.

## Brett Young

**Sport:** Baseball

**Position for the sport:** Catcher

**Major/Minor:** Exercise Science

**Year in school:** Freshman

**Hometown:** Appleton, WI

**What is the most challenging part of the game/sport. Why?**

Hitting. You have less than one second to react and make so many decisions on what pitch is coming, if it's high, low, inside, or out, and then be able to put a good swing on the ball.

**Why did you choose to play for Winona?**

I really felt comfortable with the team and at the school and really liked the city.

**Role Model? Why?**

Josh Hamilton. He's a great baseball player and a great example of someone who shows that you can overcome just about anything to do something you love.

**Favorite food?** Ketchup

**Favorite sports team?** Green Bay Packers and Milwaukee Brewers

**Favorite movie?** "Summer Catch"

**Hobbies:** Hunting, fishing, snowboarding, hanging out with friends.

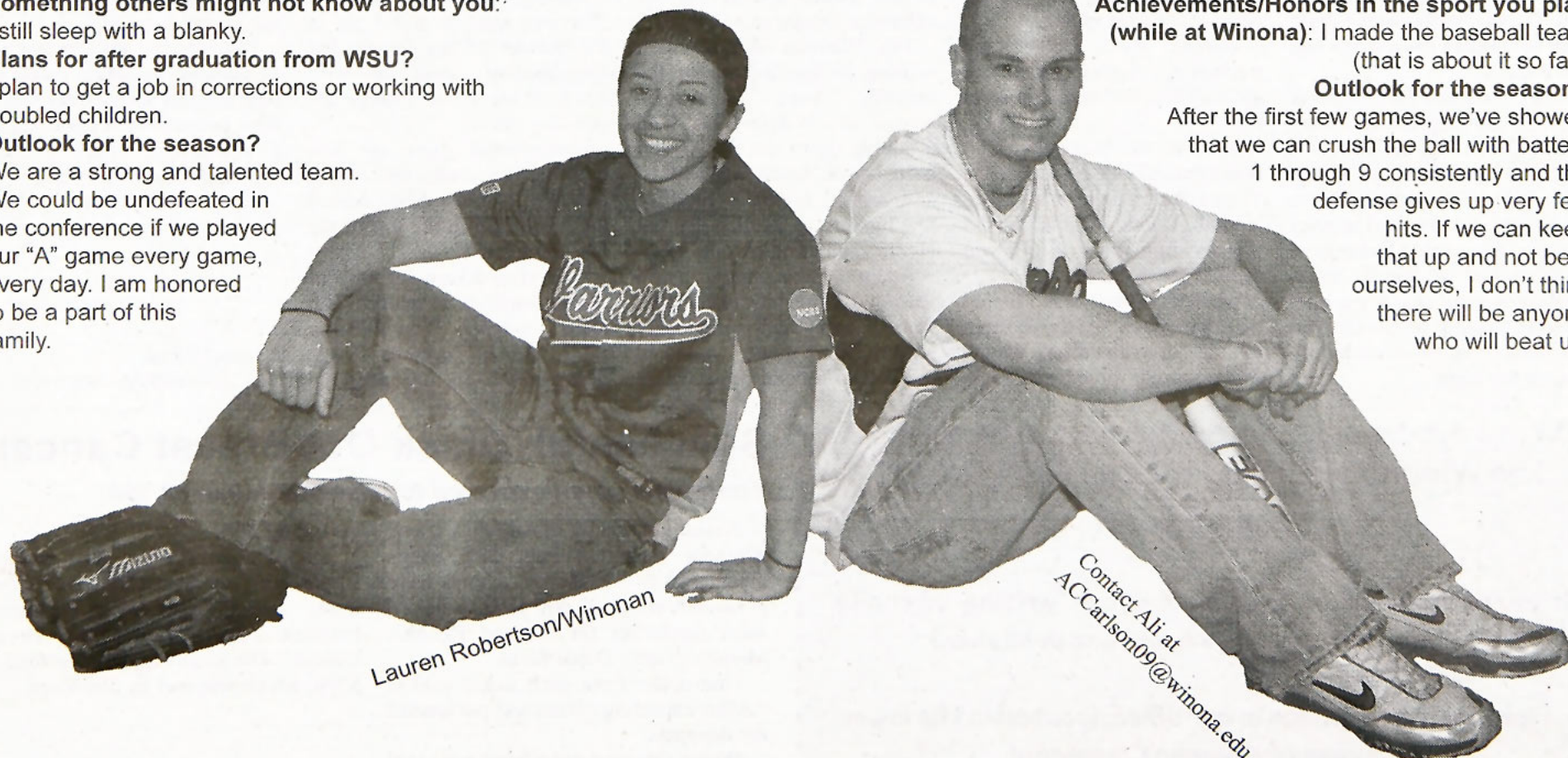
**Something others might not know about you:** I am attempting to teach myself how to play the guitar.

**Plans for after graduation from WSU?** Possibly grad school or getting a job. I'm interested in doing something in exercise physiology, or be a pharmaceutical salesman.

**Achievements/Honors in the sport you play (while at Winona):** I made the baseball team (that is about it so far.)

**Outlook for the season?**

After the first few games, we've showed that we can crush the ball with batters 1 through 9 consistently and the defense gives up very few hits. If we can keep that up and not beat ourselves, I don't think there will be anyone who will beat us.



Lauren Robertson/Winonan

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# Warriors take three from Wayne State over weekend

Ali Carlson  
Winonan

The Winona State University baseball team ended the weekend at the Hubert H. Humphrey Memorial Metrodome, 3-1 against Wayne State, Neb.

On Friday, the Warriors split against Wayne State in a non-conference doubleheader, winning game one 6-2 but were defeated during game two, 2-1.

In game one, Ronnie Olson's two-run double in the sixth inning made the difference in the opener. The Warriors scored a run in each of the final four innings against the Wildcats. The double from Olson came after two outs in the sixth after the Wildcats had come back to within one run of the Warriors.

Tony Mueller led the offense for Winona State recording two runs and three hits. John Magee also contributed to the Warrior score with two runs and two hits for the night, along with Seth McMullen having two hits and a run.

Evan Buhr and John Wenker split the pitching duties Friday in a two-hitter for the Warriors. Buhr set up the win in a near five innings of work before Wenker tossed the final innings to save the game. Buhr gave up both hits to Wayne State, walked one and struck out one. Wenker gave up four walks but recorded three strikeouts before ending the night.

During game two for the Warriors, Jamie Soyk drove in the only run for the night in the second inning. Wayne State had a solo homerun and a single to score their runs for the night.

Pitcher Andrew DeSousa finished with one walk, three strikeouts and gave up six hits to the Wildcats, ending in a 2-1 loss for the Warriors.

"We made some mental mistakes that game and did not capitalize on our opportunities," DeSousa said.

The Warriors took control of the field Saturday morning. They defeated Wayne State 6-5 and 2-1 in their second doubleheader of the weekend.

In game one, the Warriors were tied 1-1 in the bottom of the fourth. First baseman Adam Gemuenden came up with his third hit of the game and recorded the winning run for the Warriors. The Wildcats were only able to score in the top of the first inning. Magee had the only run for Winona State in the fifth inning.

Warrior Ross Hellenbrand pitched a complete game and gave up five hits and struck out two.

In game two, Magee had a hit that bounced off the leg of the Wayne State pitcher with bases loaded. Derek Wojcik scored the deciding run in a 6-5 win against the Wildcats.

Winona State was forced to come back in the bottom of the seventh after Wayne State scored three runs from

a homerun to right field. The runs from Wayne State erased the Warriors' 4-1 lead at the top of the inning.

"The highlight has to be coming back in the bottom of the seventh to get the win against Wayne State," Soyk said. "After we gave up the lead in the top half of the inning, I think it shows that we have a lot of people who are going to play the game until the last inning. It's certainly a momentum builder as we head to Florida."

Muller cruised through the six innings with a one-hitter while retiring 13 straight batters. With a walk and two base hits, it cut the Winona State lead to 4-2 before the homerun by Wayne State.

"This past weekend was a total team effort as everyone did an outstanding job," Kyle Poock, head coach, said. "Our pitching staff put in a stellar performance keeping us in all of the games and giving our offense a chance to win them."

The Warriors did all their scoring in the bottom of the seventh. Sam Henricksen started the Warriors off with a double down the line in left field. Derek Wojcik was walked and moved up on a sacrifice plat by Seth McMullen that put Henricksen on third.

Adam Gemuenden, who recorded three hits in the first game, and had previously scored this game, bounced the ball to second base, where



Jake Rajewsky/Winonan

John Wenker pitches during one of the Warriors' double-header games against Wayne State College, Neb. on Feb. 26.

Henricksen scored the tying run. With an at-bat by Magee, Wojcik beat the throw to home.

During game one, the Warriors were in a 1-1 tie in the bottom of the fourth, but Gemuenden came up with his third hit to drive home the winning run.

Hellenbrand gave up five hits, had no walks and struck out two. Winona State scored their only run in the top of the first inning.

"We played hard for all four games against a really solid team," pitcher John Wenker said. "As for myself, I was disappointed in my personal

performance. I was hoping for a better showing for my first action of the season, but it is something I can improve on as the season goes on."

The team will travel to Florida during spring break for tournaments before returning to their home field at noon March 27 and 28 against the University of Minnesota, Crookston.

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## Successful 'Black Out Breast Cancer'

Fundraiser event expected to raise more than \$2,500

Assistant Director of Athletics Travis Whipple said that Feb. 27's tennis match and two basketball games have generated about \$2,000 from a ticket-sales fundraiser for Winona Health's Mammography Department.

One dollar from each ticket sold at the three sporting events was put toward the donation.

With t-shirt and wrist band sales still coming in, the donation is expected to

exceed \$2,500.

The Winona Hy-Vee also donated \$1 for every game attendee free throw made during Saturday's basketball halftime event, "Black Out Breast Cancer." The store capped their total at \$500, which was met by attendees.



# Fifth place in championship for track and field

**David Baertschi**  
Winonan

The Northern Sun Intercollegiate Conference (NSIC) had their women's track and field conference championship meet on Feb. 26 and 27.

The 16th-ranked Winona State University women's track and field team finished in fifth place at the NSIC championship with a total of 73.50 points, while Augustana College, S.D. finished in first place with 146 points.

The reigning conference Women's Track Athlete of the Week, junior Caitlin Dhein, took second place in the 60-meter dash by running a 7.68 second time. Senior Lindsey Derby, an All-Academic performer for the Warriors, also ran the 60-meter dash, with a time of 8.00 seconds.

"Every year, this conference meet gets more competitive and the girls all stepped up to the plate and laid it all out on the line. You could see that everyone fought their hardest to get our team a point," Derby said.

Dhein was named NSIC Women's Track Athlete of the Week after running the 55 meter dash in 7.14 seconds at the University of Wisconsin-La Crosse Triangular, which is a Winona State record, and an NCAA national provisional time.

"Despite a few downfalls, I think we did really well over all. We're all definitely looking forward to the outdoor season," Dhein said.

The Winona State throwers were led by All-American Rebecca Stier, who is the only member of the team to win a conference championship.

Stier won the shot put event, with a school-record throw of 49 feet, five and three-quarter inches, which was also an automatic qualifying NCAA National Championship throw.

"I thought the meet went really good. We had a lot of strong performances so that was great to see. Our throwing squad did fantastic and it was good to see everyone step up and get those PR's at the conference meet," Stier said.

Freshman Shanai Guider came in second place in the shot put with a throw of 45 feet, three and one-half inches. Freshman Mary Theisen finished the shot put in fourth place with a throw of 44 feet, four and one-quarter inches. Chelsey Brown, a senior, also participated in the shot put with a throw of 41 feet, eight and one-half inches.

"Our throwers were on fire,"

Dhein said.

Guider and Theisen's throws were good enough for a provisional qualifying for the NCAA National Championship.

"Things are looking good for nationals and the outdoor season. I'm really looking forward to it," Stier said.

Winona State had two athletes participate in the triple jump: Brittany Rynda, and Emily Asuncion. Rynda's 10.96 meter jump in the finals was good enough for eighth place, and Asuncion's 10.67 meter jump in the finals put her in tenth.

Steph Smith led the Warriors in the 5,000-meter run, while her time of 18:15.11 put her in ninth place overall. Megan Snyder was next for Winona State, with a time of 18:47.71. Jenna Southworth ran a time of 18:48.99, Steph Sjostrom

ran an 18:52.18, and Kayla Gudmundson ran a 19:19.76.

Jennifer Bradford ran the 600-meter run for the Warriors and finished in fourth place with a 1:41.21 in the finals.

"When we weren't competing we were cheering ourselves hoarse for our teammates," Derby said of the team's spirit.

The NCAA Division II Track and Field Championships are March 12 and 13 in Albuquerque, New Mexico.

The Warriors' Track and Field team opens up their outdoor season March 27 at the Viking Olympics in Rock Island, Ill. at Augustana College.

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## Tennis loses to crosstown rival, heads to S.C. over spring break

**Dan Geisler**  
Winonan

The Winona State University women's tennis team didn't manage to pull off a victory this last weekend in their home game against Saint Mary's University, losing with a score of 4-5.

Despite their loss, Winona played with intensity.

"Everybody was playing awesome," Head Coach Courtney Zinter said. "It's the best I've seen the players play all season. You could tell they felt more comfortable with

their matches."

With two of the matches progressing into tie-breaker sessions, "a couple points here and there could have changed the match outcome," Zinter said.

Freshman Laura Lindstrand did the team proud as she was victorious in both her singles and doubles matches.

In a continued rivalry between Winona and Saint Mary's tennis teams, competitiveness is at a high level during matches. During one of junior Heather Pierce's matches, fans from both Saint Mary's and Winona

State began arguing the validity of a line call by Pierce.

Words were exchanged by fans, including the mother of Pierce's opponent.

Tensions were calmed nearing the end of the match.

"A lot of players would have let that affect them, but Heather faced a tough opponent and kept on playing," Zinter said.

The "Black Out Breast Cancer" fundraiser was also a success, as many fans from both Winona and Saint Mary's showed up to the match to support their teams and the fundraiser.

"It was just a lot of fun to see both teams decked out in pink," Zinter said. "It was a fun atmosphere and was cool working towards a goal for a common cause."

Winona State Women's tennis hits the road toward Hilton Head, S.C., where the team will face off against Slippery Rock University, Pa. at noon Sunday.

"It's going to be fun to play teams we don't normally play," Zinter says. "It will be a great chance for the girls to have fun playing and also helpful for them to not feel pressured."

Winona will face other teams from Ashland and Tiffin, Ohio; St. Francis, Pa.; and Brevard, N.C. during their stay in South Carolina next week.

For complete scheduled match details, visit the Warrior Women's Tennis Web site at [www.winonastatewarriors.com](http://www.winonastatewarriors.com).

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## BBALL

two steals against the Huskies.

Clayton Vette recorded a double-double with 15 rebounds and 13 points. Also scoring double figures for the night were CJ Erickson with 14 points and Joel Armstrong with 11 points.

"It's tournament time. It's a start of a new season. From now on, we win, we continue on, we

lose, we are going home. We have to be sharp every time we step out on that floor," Moore said. "Our first step is to prepare for Mary on Wednesday night, having played them twice we know what we are going to see it comes down to which team executes the best and obviously who scores the most points."

Both teams will compete in

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the 2010 NSIC/Sanford Health tournaments Wednesday. The men host the University of Mary at home, while the women head north to take on the Duluth Bulldogs.

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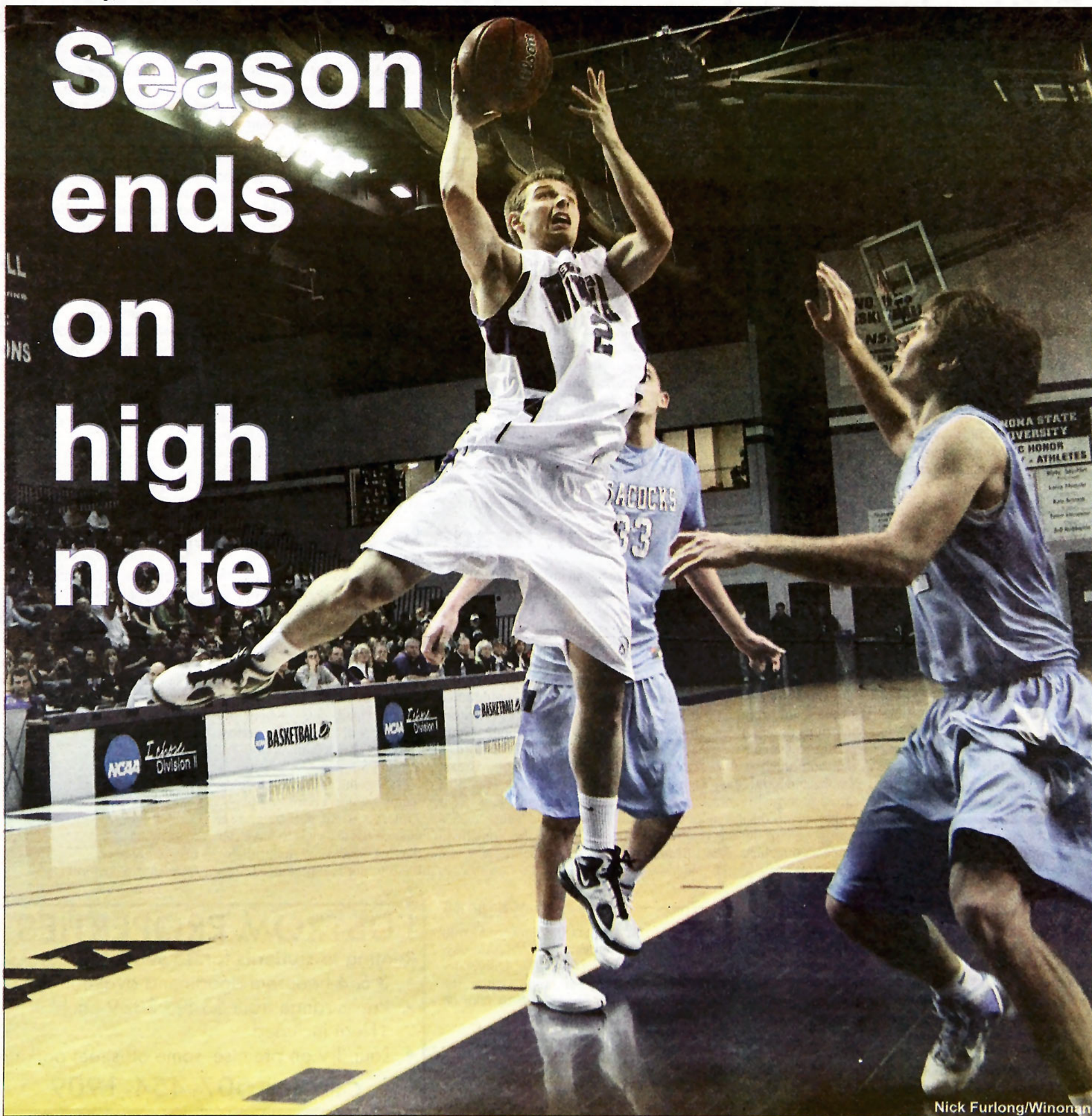
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# Season ends on high note

Nick Furlong/Winona